

# Main School

## AUTUMN TERM MENU 2021

These weekly menus rotate throughout the autumn term, including the Holiday Club weeks which are highlighted in yellow.

Our kitchen uses seasonal, locally sourced ingredients.

**GREEN** indicates that a vegan option is available as mince or soya chunks.  
 ✓ Indicates vegetarian option

	Week 1 6 Sept 20 Sept 4 Oct <b>18 Oct</b> 8 Nov 22 Nov 6 Dec <b>20 Dec</b>	Week 2 13 Sept 27 Sept 11 Oct 1 Nov 15 Nov 29 Nov <b>13 Dec</b>
MONDAY	<b>Morning snack:</b> Digestive & banana chips  <b>Lunch:</b> <b>Beef bolognaise</b> or Five bean & vegetable chilli ✓ Spaghetti Fine green beans <b>Apple crumble &amp; vanilla sauce</b>	<b>Morning snack:</b> Breadsticks & raisins  <b>Lunch:</b> <b>Caribbean chicken</b> or Aubergine, potato & tomato bake ✓ Steamed rice Sweetcorn and peas <b>Semolina &amp; chocolate drops</b>
TUESDAY	<b>Morning snack:</b> Breadsticks & cheese bites  <b>Lunch:</b> <b>Roast chicken</b> & gravy or Courgette quiche ✓ Roast potatoes Steamed cabbage <b>Date &amp; toffee cake with cream</b>	<b>Morning snack:</b> Oaty biscuits  <b>Lunch:</b> <b>Meatballs in tomato &amp; veg sauce</b> or Tortellini bake ✓ Penne pasta Broccoli florets <b>Jam Lovecake &amp; custard</b>
WEDNESDAY	<b>Morning snack:</b> Courgette brownie  <b>Lunch:</b> <b>Tuna pasta bake</b> or Mushroom enchilada ✓ Garlic bread slice Sweetcorn <b>Jelly &amp; biscuit curl</b>	<b>Morning snack:</b> Lemon polenta cake  <b>Lunch:</b> <b>Shepherd's pie</b> & gravy or Creamy leek and vegetable pie ✓ Petit pain Mixed vegetables <b>Crunchy orange biscuit</b>
THURSDAY	<b>Morning snack:</b> Apricot flapjack bites  <b>Lunch:</b> <b>Beef teriyaki</b> or Lentil & vegetable dahl ✓ Steamed rice Country mixed vegetables <b>Beetroot cake &amp; chocolate sauce</b>	<b>Morning snack:</b> Crackers & cheese  <b>Lunch:</b> <b>Sweet &amp; sour pork</b> or Sweet chilli oriental vegetables ✓ Noodles Julienne carrots <b>Lemon &amp; poppy seed cake &amp; custard</b>
FRIDAY	<b>Morning snack:</b> Crackers & cheese  <b>Lunch:</b> <b>Chicken fillet bites</b> or Spinach & ricotta cannelloni ✓ Skin on fries/wedges Baked beans and/or peas <b>Viennese cupcake</b>	<b>Morning snack:</b> Cheese & marmite biscuit  <b>Lunch:</b> <b>Cod fillet fish fingers</b> or Stuffed peppers ✓ Skin on fries/wedges Baked beans and/or peas <b>Crispy slice</b>

For all allergy advice please ask a member of the Catering team.